

# HELP STUDENTS THRIVE DURING COVID-19

**Strange times**

PANDEMIC-BRAIN.  
IT'S A THING.

# COMMON SYMPTOMS OF PANDEMIC-BRAIN

- **Worsening ADD:** Inability to focus or finish tasks
- **Social Isolation:** Being alone 24/7.
- **Communication Overload:** Too much text messages/zoom calls slacks/emails from friends, work, family, obligations, etc
- **Too many people up in your biz:** If you are cooped up in a small space with lots of family, you can feel like your time is chopped up into tiny, unfocused bits.
- **Experiencing anxiety,** fear, depression, fatigue, grief
- **Mental numbness** and lack of focus from news fatigue

# CODE STUDENTS AND PANDEMIC-BRAIN

- Beginning a **daily practice of coding is exhausting**. Brains run out of energy. Students want to push through but their brains just need breaks.
- Living through a **pandemic is exhausting**. Brains are drained from over stimulation, over newsification, over isolation, or over (virtual) socialization.

THE AVERAGE ADULT  
BRAIN WEIGHS 3  
POUNDS AND BURNS  
330 CALORIES A DAY.

# KEEPING STUDENTS FOCUSED

- Carve out space AND Time
  - Make a **special work space** separate from other spaces
  - **Block out time** in your calendar
  - **Tell others** when you are studying
  - Use social media **time-limiting tools**
- Keep a Routine that includes non-screen time
  - Keep regular pockets of **non-study time**... A daily afternoon walk, daily hoola-hoop breaks, a device-free dinner table, a certain time and night when you switch the screen off.

# TELL THEM: CUT YOURSELF SOME SLACK

- **Set realistic goals.** We're all experiencing "pandemic time warp." It seems like there should be more hours in the day but there just aren't. Are they feeling an anxiety attack over an impending deadline? Let it go, ask for an extension, take a week off. Depending on their program, they have up to 4 weeks or time off available to them.

# TELL THEM: CUT YOURSELF SOME SLACK

- **Your physical and mental health are incredibly important right now.** Yes, you may be feeling the stress of trying to get all this done so you can get work. But you've got to breath and slow down. Resting your mind and feeling your body will actually help you work and study more efficiently.



# SELF CARE FOR STUDENTS

- Read for pleasure. Audiobooks help rest your eyes while taking your mind off of study
- Eat good food. Diet Pepsi and junk food never made a bad programmer good or a good programmer great.
- Stretch and exercise
- Walk away from a tough problem
- Ask Technical Coaches for help.
- Let yourself be their “rubber ducky” on slack.

# ONE DAY AT A TIME

Slow and steady wins the  
race

Today is just one day.

Tomorrow is another day.

Take a deep breath, you've  
got this.

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